



national IMMUNIZATION awareness month

You may not realize that you need vaccines throughout your adult life. Vaccines are still important to your health and here are just three reasons why.

1. You may be at risk for serious diseases that are still common in the U.S.

Each year thousands of adults in the United States suffer serious health problems from diseases that could be prevented by vaccines—some people are hospitalized, and some even die. Even if you were fully vaccinated as a child, the protection from some vaccines you received can wear off over time and you may also be at risk for other diseases due to your job, lifestyle, travel or health conditions.

2. You can protect your health and the health of those around you by getting the recommended vaccines.

Vaccines work with your body's natural defense to reduce the chances of getting certain diseases as well as suffering complications from these diseases.

There are many things you want to pass on to your loved ones; a vaccine preventable disease is not one of them. Infants, older adults and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine preventable diseases.

3. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work. If you're sick, you may not be able to take care of your family and other obligations. Being vaccinated is your best protection against many serious diseases.

Getting vaccinated as an adult is easier than you think.

- Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics and health departments.
- Most health insurance plans cover the cost of recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers. Since 2010, all private health plans are required to cover all immunizations recommended on the Immunization Schedule for adults.
- As long as you receive your vaccines from an in-network provider you should not be asked for a copay.

All adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles



Vaccines are safe.

- Vaccines are tested and monitored. Vaccines are tested before being licensed by the Food and Drug Administration (FDA). The Centers for Disease Control and Prevention (CDC) and FDA continue to monitor vaccines after they are licensed.
- Vaccine side effects are usually mild and temporary. The most common side effects include soreness, redness or swelling at the injection site. Severe side effects are very rare.
- Vaccines are one of the safest ways to protect your health. Most people should be vaccinated. However, if you are pregnant or have a weakened immune system, talk with a healthcare professional before being vaccinated, as some vaccines may not be recommended for you.

Visit www.provider.bcbs.com or call 888-222-9206 to find a provider near you.